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Quiznos

LONDON
metro®
Tuesday, September 13, 2011
www.metronews.ca
News worth sharing.

OVER
\$15
IN SAVINGS
SEE PAGE 3

Urban. Fan



► Melissa Simpson, 21, of Leamington shows off her Keith Urban concert tickets hours before the country music star took the stage last night at the John Labatt Centre.

ANGELA MULLINS/FOR METRO

Third try at getting Closer to country star

Simpson strapped on her cowboy hat to catch Urban in concert for the third time. The concert was part of Urban's Get Closer 2011 world tour, which includes more than 60 stops in North America.

Lecture series looks to future

- City Symposium debuts tonight at 7 p.m.
- Wolf Performance Hall, 251 Dundas St.

Start with some art. Mix in some community spirit. Then add a dash of academia.

The end result is a new free-lecture series designed to bring people out of their respective corners.

"People (who) run in certain circles always see the same thing. It's tough to broaden your horizons and get into new things," said Craig Hunter, a City Symposium volunteer. "This is about discovering something new."

Three speakers will talk for 12 minutes each during the monthly symposiums. After each talk, the speakers will accept questions — either from audience members or via the #CitySymposium hash tag on Twitter.

Symposiums have been scheduled through May, and each will

"The idea was to create something that could ... fill in the gaps between different community-learning events that are already happening."



JAMES SHELLEY, CITY SYMPOSIUM ORGANIZER

Tonight's speakers

- **Jason Gilliland.** UWO professor specializing in architecture, urban planning and geography.
- **Daniel Castillo.** Artist specializing in stained and fused glass.
- **Kelly Bradley.** From the Grit Uplifted Creative Writing Group, which deals with issues associated with homelessness.
- For future scheduling, visit citysymposium.com

include representatives from the academic or business world, the arts and someone who's giving back to the community through a non-profit or a similar venture.

All speakers are from the London area in order to "showcase the talent we have in the city," Hunter said.

"We have the university, the college and a really great arts and culture scene," he said. "(We want to) bring together some of those silos in a new format."

City Symposium builds off of events like Ignite London — a series of five-minute talks meant to raise the "collective IQ" and build connections in the city — and TEDxUWO, a speaker series organized by Western students earlier this year.

● ANGELA MULLINS

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¹ *The Economic Impacts of the Wind Energy Sector in Ontario 2011 – 2018*, by ClearSky Advisors
http://www.canwea.ca/wind-energy/talkingaboutwind_e.php
² *Behind the Switch: Pricing Ontario Electricity Options*, by the Pembina Institute
<http://www.pembina.org/media-release/2237>



www.windformycommunity.ca

Neuroscientist to meet with Dalai Lama



A Western neuroscientist will share his research findings with the Dalai Lama.

Adrian Owen, a Canada Excellence Research Chair in cognitive neuroscience and imaging, will meet the Dalai Lama on Friday in São Paulo.

Owen will participate in a symposium, entitled

States of Consciousness: Ancient Knowledge Meets Modern Neuroscience, which is part of the Dalai Lama's official visit to Brazil this week.

"The Dalai Lama has been interested in the relationship between science and society for many years and, in particular, how scientific discoveries

often create new and difficult ethical challenges," said Owen. "Our neuro-imaging research with vegetative-state patients has created many such challenges, and this is an exciting opportunity for me to discuss the wider implications of this research with him."

● METRO

Consciousness

▶ The symposium will feature a dialogue between the Dalai Lama and researchers on states of consciousness and the effects of contemplative practices, such as meditation, on the brain.

More jobs bound for Forest City

▶ Plant will be company's first venture outside the United States ▶ Veteran's Memorial Parkway geography, as well as local talent, helped secure deal: Mayor Joe Fontana



ANGELA MULLINS
@METRONEWS.CA

At least 60 more jobs are coming to London.

Arvin Sango, based in Madison, Ind., will start construction next month on a 12 1/2-acre parcel of land in the city's Innovation Park.

The company has inked a deal to make exhaust-system assemblies for vehicles produced at the Toyota plant in Cambridge.

Officials also hope to make parts for the Toyota plant in Woodstock.

"Location, location, location," Dan Baughman, Arvin Sango's executive vice-president, said yesterday about what drew the company to London.

Several sites were considered for the 110,000-square-foot facility, but London was a natural choice largely because of



▶ London Mayor Joe Fontana, left, listens yesterday as Dan Baughman, executive vice-president of Arvin Sango, announces the company will open a Toyota parts plant next year in the city's Innovation Park.

the "shovel-ready" land at the Innovation Park, Baughman said. He ex-

pects construction to take up to nine months, with the plant ready for pro-

duction next summer.

A plant manager will be brought on board as

"We hope we can increase capacity and gain other business from Toyota."

DAN BAUGHMAN, EXECUTIVE VICE-PRESIDENT OF ARVIN SANGO

early as January with the remaining jobs filled in April or May, Baughman said. Wages, he said, have not been decided, but the company plans to double the size of the plant and hire an additional 60 employees — bringing the work force to 120 — in the near future.

The plant will be in an area of the Innovation Park dubbed "Phase III" and will be near the Dr. Oetker pizza production facility announced earlier this summer. The industrial park is along Veteran's Memorial Parkway north of Highway 401 and south of Hamilton Road.

1

news


Astronomers say they've discovered a potentially livable planet. Only problem is the 50-degree heat. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web

Allan Small says that better leadership on the part of the U.S. and the European Union could lead to a rebound in markets. Video at metronews.ca

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Showcase offers culture at Western Fair

- Cultures represented include Irish, Italian, Korean and Egyptian
- Representatives offer up everything from food to language lessons

ANGELA MULLINS/METRO



► The Oneida Nation Dancers perform a traditional dance yesterday during Western Fair. The Oneida Nation of the Thames was featured yesterday in the fair's Cultural Showcase.



ANGELA MULLINS
@METRONEWS.CA

There's more to Western Fair than livestock, wild rides and deep-fried food.

Each of the fair's 10 days has a cultural component offered up by people living in and around the Forest City.

Dubbed the Cultural Showcase, the daily exhibits are designed to give people a taste of the many cultures the area has to offer. The showcase is in its second year.

"It's an opportunity for people who might not (be exposed to other cultures) ... to come in and see it, hear it and taste it," said Jenny von Ruczicki-McGill, event manager at the Western Fair District.

Representatives from the Oneida Nation of the Thames — located between Delaware and Lambeth — were at the fair yesterday, teaching people about their heritage through everything from corn soup to bingo games played in the nation's traditional language.



To learn more ...

The Cultural Showcase tent is across from the Anne Eadie Park Stage in Kiddyland. For details about upcoming exhibits and the rest of the fair schedule, visit westernfairdistrict.com

TALENT SEARCH FINALISTS NAMED

Fifteen kids have been named finalists in Western Fair's Junior Youth Talent search.

The finals will be at 11:30 a.m. Saturday on the Anne Eadie Park Stage at the Western Fair District grounds.

The finalists, among them musicians, dancers,

singers and entertainers, are: Alleigha Wagenaar of Brantford, Andera Novak of Delaware, Augusta Campoli of Richmond Hill, Brontae Hunter of Kincardine, Emma Lim of London, Evelyn Walsh of Egmondville, Karly Green of Windsor, Kristen Walsh of Egmondville,

Lauren Hastings of Cambridge, Kurtis Eilser of Mitchell, MacKenzie Kilough of St. Thomas, Maddison Eby of Waterloo, Maddison Martins of Brantford, Megan Russell of St. Thomas and Savannah Crittenden of London.

● METRO

BLITZ

OPP target distracted driving

Ontario Provincial Police are launching their latest blitz on drivers phoning and texting behind the wheel. This week's campaign is called Phone in One Hand, Ticket in the Other.

Police say distracted driving has been identified as a factor in almost 5,000 collisions on roads

and highways patrolled by the provincial force so far this year. Officials say hundreds of people have close calls every day, but drivers continue to use cellphones while driving.

During the first seven months of this year, the OPP handed out more than twice the number of tickets for distracted driving compared with the same period in 2010. The fine for talking on a cellphone or texting while driving is \$155, while watching an entertainment device while driving carries a fine of \$110. AM980/AM980.CA

Students give cash for centre

At a ceremony yesterday morning at King's University College, student council president Barshan Quadry announced a \$2.4-million contribution to the Darryl J. King Student Life Centre on behalf of the student community at King's.

Scheduled to open fall 2013, the 41,000-square-foot facility will integrate a learning commons, student services, and social, spiritual and recreational space. It will be connected to the Cardinal Carter Library. ● METRO

Weapons drawn after crash: Cops

London police continue to investigate after a violent road-rage incident.

Just before 3 p.m. yesterday, a Toyota and a cement truck collided in the intersection of King and Talbot streets.

Police say one person pulled out a large knife while the other driver reached for an aluminum baseball bat.

One person was arrested, Sgt. Steve Cochrane said.

One person suffered non-life-threatening injuries. AM980/AM980.CA

Tory. Rally



► Progressive Conservative Leader Tim Hudak rallies supporters yesterday evening during a campaign stop at the Four Points by Sheraton hotel in London.

ANGELA MULLINS/METRO

Hudak on the attack

Tim Hudak called the Liberals' proposed subsidy for companies that hire skilled immigrant workers a "\$10,000 affirmative-action policy."

Shooting hoops helps newcomers find friends and advice

Coming from the basketball-loving Philippine Islands, Ronald Miranda was happy when he saw the neighbourhood basketball court after arriving in Kitchener, Ontario. Little did he know, the game would help him find new friends who would offer sound financial advice.

It all began when the software engineer came to Canada in 2008 to accept a job with a high-tech company. While Ronald was excited to bring his wife and daughter to North America, reality soon set in. "We didn't know anyone here. We had no family and no idea where to get groceries or other necessities," recalls Ronald.

Fortunately, new friends showed them around, including the local basketball court where their families gathered for Friday night games. The growing roster of players included Cris Santos, a Philippine native, and Branch Manager at Scotiabank's Courtland & Shelley branch, in Kitchener, Ontario.

"The game created an extended family for us," says Cris, who adds that basketball helped ease his own transition to Canada when he arrived six years earlier. "Sports can help build a community for newcomers who share all kinds of first-hand advice and experience."

Off the court, Ronald turned to Cris to understand the banking system and when Ronald saw plans for the perfect four-bedroom home, he connected with Cris once again for a mortgage¹ pre-approval.

"I ask newcomers about their goals so that they can start working towards them," says Cris. He suggests that newcomers who plan to settle in Canada should think about buying a home or other longer-term goals. "I tell them about pre-authorized contributions to high-interest savings accounts, to save for a downpayment, or Registered Education Savings Plans (RESP)² for their children's future," explains Cris, who mentors at the YMCA Cross Cultural and Immigrant Services Centre.

Cris can appreciate how the right advice when starting out makes for long-term success, since he is providing first-hand advice. While Cris and his wife were veteran bankers in the Philippines, they had to learn the Canadian banking system before landing jobs at Scotiabank (Maria Santos is a Personal Banking Manager at 14 Fischer-Hallman Road North in Waterloo).



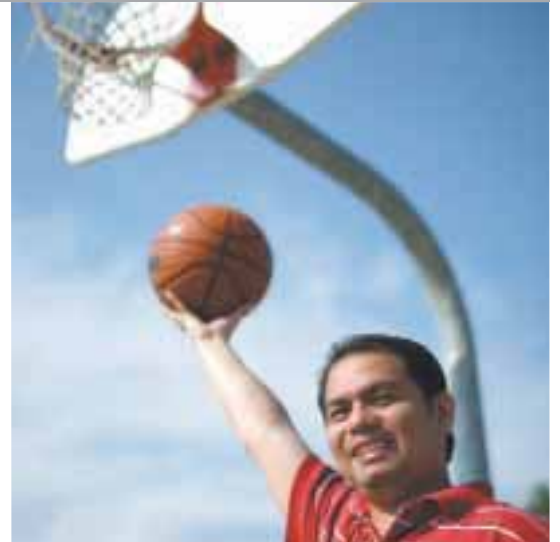
1. Subject to applicable credit approval, Scotiabank residential mortgage standards and maximum permitted loan amounts. CMHC/Genworth Financial Canada mortgage default insurance is required for Loan to Value ratios (LVRs) greater than 65%. The maximum is 95% LVR for Permanent Residents at both CMHC and Genworth Financial Canada. For Foreign Workers, the maximum is 90% LVR at CMHC and 95% at Genworth Financial Canada.
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3. The Scotiabank StartRight Program, created for Canadian Landed Immigrants from 0-3 years in Canada, International Students and Foreign Workers.
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5. Subject to meeting Scotiabank's credit criteria and security requirements.
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"Since we were newcomers, we can empathize with others and are able to guide them and provide trusted solutions suited to their needs," adds Cris. For example, The Scotiabank StartRight Program³ for Newcomers includes a free day-to-day bank account for one year⁴, a wide range of VISA[®] card options⁵ and a number of other customized services and benefits.

For Ronald, the weekly basketball games enabled his family to build a group of friends who now camp and picnic together, plus a Scotia[®] advisor who helped them obtain their new home earlier this summer.

"It started with a small basketball group and the rest is history," remarks Ronald. "Now, when I meet other newcomers, we invite them to play ball and point them to Cris for good advice."

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High Tide



► Gales and high tides sweep the coast at Blackpool, in the north west of England, as the remnants of Hurricane Katia hit British shores, yesterday. The second stage of the Tour of Britain was cancelled for safety reasons due to high winds across yesterday's competition route.

JOHN GILES/THE ASSOCIATED PRESS/PA

Katia rocks along the British coast

Britain's weather agency says the tail end of former Hurricane Katia could bring the worst storms to hit the country in 15 years. Britain's Met Office said post Tropical Storm Katia was hitting parts of Northern Ireland, North Wales, Northern England and parts of Scotland yesterday. It said the storms could be the worst to hit Britain since 1996 when the aftermath of Hurricane Lili brought winds of 145 kilometres per hour to the country.

Reaching for the Topp

► New Democrats are set to hold a caucus retreat beginning today in Quebec City ► Leadership convention scheduled for March 24 in Toronto

Promising he will defeat the Conservative government,

FRED CHARTRAND/CP PHOTO



► Brian Topp

party leader.

The fluently bilingual Montrealer is the first to formally enter the race to succeed Layton, who died last month from cancer.

"No one can replace Jack," Topp declared at a news conference yesterday.

"But we can honour him by making sure his dream of social justice will never die. We can carry on his

work. That's my pledge today.

"I'm seeking the leadership of the New Democratic Party of Canada and I pledge to continue to build our party on the strong foundations that Jack built."

Topp was joined by former NDP leader Ed Broadbent and Gatineau, Que., MP Francoise Boivin.

Topp's name surfaced early as a possible contender in the NDP leadership race. He has worked in NDP backrooms for years, and was a close confidant of Layton.

Layton led the New Democrats to unprecedented success in the May 2 federal election as the party surged to official Opposition status for the first time, winning

103 seats, including an astonishing 59 in Quebec.

Topp noted nearly 60 per cent of Canadians did not vote for the Tories, and said replacing Conservative Prime Minister Stephen Harper was "a piece of unfinished business."

"I'll lead a caucus that works harmoniously and seriously as a government-in-waiting," he said. "And then, we'll win. And then, we'll govern well."

He said he will expose Harper's "failed record" before winning the next election and forming Canada's first NDP government in Ottawa.

"And that day will be a great day, a new dawn for every Canadian across this country."

Broadbent, who nomi-

nated Layton for the leadership eight years ago, said he is backing Topp as the most qualified candidate.

"Now we need another builder, one who will take us from leader of the official Opposition to the Prime Minister's Office," Broadbent said. "Brian Topp is that person. He has the political and intellectual substance we need to meet today's challenge. He has the qualities Canadians need in a prime minister. He is ready now."

Other potential candidates include deputy leader Thomas Mulcair; and MPs Peter Julian, Charlie Angus, Paul Dewar, Robert Chisholm, Nathan Cullen, Romeo Saganash, Megan Leslie and Peggy Nash.

THE CANADIAN PRESS

Embassy in Libya set to reopen

Canada is reopening its embassy in Libya's capital, even as fighting continues in pockets of the country still held by loyalists of the hunted dictator Moammar Gadhafi, The Canadian Press has learned.

Sources say a small team of diplomats, led by Canada's ambassador to Libya Sandra McCardell, arrived in Tripoli on the weekend to conduct a security assessment. Officials wouldn't comment on the state of Canada's abandoned diplomatic mission but said McCardell would have to deal with "refurbishing and securing" the premises.

The diplomats have set up shop at an alternative location in Tripoli, and expect to be joined by a full contingent of foreign service officers to get operations up and running, sources say.

Canadian fighter jets played a major role in the UN-mandated NATO-led bombardment to protect civilians from Gadhafi, who has ruled the north African nation with an iron fist for four decades.

Foreign Affairs Minister John Baird is to give further details of Canada's diplomatic re-engagement with Libya this morning.

THE CANADIAN PRESS

MENTAL HEALTH

Nunavut tackles suicide

The government of Nunavut is hoping that better-trained teachers and more mental-health facilities will bring down suicide rates that are the highest in Canada.

The measures are part of a plan on suicide prevention released in Iqaluit.

The territory hopes

that better communication between mental health workers and teachers will catch at-risk students.

It also proposes mental-health centres for Nunavut, which currently has none. But the plan doesn't identify how much the measures would cost and who would put up the money.

The suicide rate for Inuit youth is 11 times the national average and Nunavut has had 23 self-inflicted deaths so far this year.

THE CANADIAN PRESS

Missing boy's dad left doors unlocked

The father of young Kienan Hebert says the family's home was left unlocked before the boy was mysteriously returned in the dark of night, nearly a week after he disappeared from the same house.

Paul Hebert says he intentionally left the house in Sparwood, B.C., unlocked, but declined to comment about why or whether the police offered him any advice on the topic.

Kienan was returned early Sunday morning

after someone called 911 and told police they could find the boy inside the home, which was empty at the time.

Hebert notes the family reached out to the suspect and asked that Kienan be returned to a safe place, and the doors were left unlocked for that purpose. The RCMP have said Kienan's disappearance was a case of abduction, and convicted sex offender Randall Hopley, 46, remains the sole suspect.

Hebert is also critical of the justice system, saying Hopley clearly needed help after numerous convictions, including allegations involving children, but he says the system failed his family.

THE CANADIAN PRESS

One dead in blast at French nuclear plant

► No chemical, radioactive leaks at waste facility

An explosion at a nuclear-waste plant in southern France killed one person and injured four yesterday. Officials said there was no radioactive leak, but critics urged France to rethink its nuclear power in the wake of the catastrophe at Japan's Fukushima plant.

The Nuclear Safety Au-

thority declared the accident "terminated" less than an hour after the blast at a furnace in the CentraCo site, in the southern Languedoc-Roussillon region, about 32 kilometres from Avignon.

The building that houses the furnace wasn't damaged and residents who live

near the site were not evacuated, the agency said.

The cause of the accident is not known and is under investigation.

Officials downplayed the incident. "It's an industrial accident and not a nuclear accident," Industry Minister Eric Besson said.

THE ASSOCIATED PRESS

Glimpse. Of hell



► Joseph Mwangi sits in a state of shock after learning two of his young children were killed in an explosion yesterday in Nairobi. A leaking gasoline pipeline in Kenya's capital ignited, turning part of a slum into an inferno in which at least 75 people were burned to death and more than 100 were injured.

BEN CURTIS/THE ASSOCIATED PRESS

Pipeline fireball kills at least 75 in Kenya



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► African National Congress Youth League (ANCYL) members sing Shoot the Boer yesterday in Johannesburg after a judge ruled the black man who leads the youth wing of South Africa's governing party has no right to sing the song some whites find offensive. Yesterday's ruling comes four months after hearings in the hate-speech trial of Julius Malema.

'Boer' song signifies hate speech: Judge

► Crowds sing song in defiance outside courtroom in Johannesburg ► Ruling broadcast on live television

The black man who leads the youth wing of South Africa's governing party has no right to sing a song some whites find offensive, a judge said yesterday.

Judge Collin Lamont went further than AfriForum, the white-rights group that brought the hate-speech lawsuit, had demanded by saying that all South Africans, not only Julius Malema, should refrain from singing Shoot the Boer. Criminal cases can now be brought against those who sing the song or quote its lyrics.

The judge said that

while such anthems had their place during apartheid, they constitute hate speech in a society struggling to redefine its race relations.

The court case is separate from Malema's ongoing African National Congress disciplinary hearings, which also have drawn wide attention.

While the judgment may be seen as a setback, Malema, 30, might use it to rally support from South Africans who see Shoot the Boer as part of the heritage of the anti-apartheid movement. In a statement, the

ANC said it was "appalled" by the decision, but would respect it while deciding what steps to take.

Leslie Mkhabela, Malema's lawyer, said he did not believe courts were the right forum to debate such social issues.

The judge said he hoped the attention the trial had drawn, and his decision to allow much of it to be broadcast, would help South Africans heal by learning about each other after decades of being separated by the violence and injustice of apartheid.

THE ASSOCIATED PRESS

Conquer divide

► "Boer" means farmer in the language of South Africa's Dutch descendants known as Afrikaners and is broadly used to refer to whites and Afrikaners.

► Julius Malema testified, arguing that the song Shoot the Boer is not a literal threat against whites but is a symbolic call to fight oppression.

► Malema has forced South Africa to confront its racial divide, insisted on trying to set his party's political and economic agenda, and claimed to represent the country's restive, poor black majority.

Rebels are traitors: Gadhafi

Fugitive leader Moammar Gadhafi accused revolutionary forces of surrendering Libya to foreign influence and vowed to press ahead with his resistance in a message yesterday issued just

hours after a twin attack on a key oil facility by loyalist fighters. At least 15 attackers were killed, an anti-Gadhafi commander said.

"We will not be ruled after we were the masters," said the brief statement attributed to Gadhafi that was read on Syria's Al-Rai TV by its owner Mishan al-Jabouri, a Gadhafi supporter. THE ASSOCIATED PRESS

Gadhafi's son now in Niger

Moammar Gadhafi's playboy son, al-Saadi Gadhafi, 38, known for his love of cars, soccer and partying, slipped into Niger on the weekend, said an official.

THE ASSOCIATED PRESS

Russia to back bid to the UN

Russia will back a Palestinian bid for statehood at the United Nations later this month, Russia's envoy to the UN said in remarks aired yesterday.

THE ASSOCIATED PRESS

Drought may result in higher food prices

- Experts say poor harvest will raise price of corn
- Other foods also forecast to become more expensive



► A drought simulator looms over a crop of corn at the Bradford Research Farm at the University of Missouri in Columbia, Mo.

Food prices could rise next year because an unseasonably hot summer likely damaged much of this year's U.S. corn crop.

The U.S. Department of Agriculture estimated yesterday that a surplus of 672 million bushels of corn will be left over at the end of next summer. The estimated surplus is down from last month's forecast and well below levels that are considered healthy.

This spring, farmers planted the second-largest crop since the Second World War. But high temperatures stunted the plants.

The price of corn was relatively unchanged at

\$7.33 a bushel yesterday. While that's down from its peak of \$7.99 reached in June, it's still nearly twice the price paid last summer.

A bushel of corn equals 25.4 kilograms, or 56 pounds.

More expensive corn drives food prices higher because corn is an ingredient in everything from animal feed to cereal to soft drinks. It takes about six months for corn prices to trickle down to products at the grocery store.

But many food producers are already being squeezed by the higher prices. Chicken producer Sanderson Farms Inc. reported its third straight

"We just didn't have a good growing year.... It was too hot, too warm, too dry at the wrong time."

JASON WARD,
COMMODITY ANALYST

quarterly loss late last month, in part because of increased costs for feed. Smithfield Foods Inc., the world's largest hog producer, said last week that high feed costs would remain a problem this year.

"Ingredient prices are going to stay high for a while," Ward said.

Traders also worry that grain shortages could re-

turn next year because of the damaged crops.

Farmers are expected to have a surplus of 920 million bushels when the harvest begins this month, the USDA said.

That's roughly a 26-day supply of corn, slightly less than the previous month's estimate.

But the USDA said the corn surplus could dwindle next fall to about a 19-day supply. A 30-day supply is considered healthy.

When crop reserves are low, market prices can jump quickly, said Scott Irwin, an agriculture economics professor at the University of Illinois.

THE ASSOCIATED PRESS

Headlight issue may lead to minivan recall

U.S. federal safety regulators have opened an investigation into Dodge and Chrysler minivans from the 2005 model year because the headlights can fail without warning.

The National Highway Traffic Safety Administration said on its website that 622,817 Dodge Caravan and Chrysler Town and Country minivans could be affected by the problem.

The agency says more than 1,500 owners have complained to Chrysler or the government. Two crashes and one minor injury were reported to Chrysler.

In addition, 14,208 warranty claims that may be



► A 2008 Dodge Caravan.

related to the problem have been reported by Chrysler.

NHTSA has opened an investigation, it said in documents posted on its website. NHTSA said it will analyze consumer complaints and Chrysler's technical information.

An investigation could lead to a recall, although it doesn't always mean that one will be ordered.

THE ASSOCIATED PRESS

CURRENCY

Loonie hovers just above par

The Canadian dollar slipped briefly below parity with its U.S. counterpart on Monday for the first time since January before regaining strength and closing slightly above the greenback.

The loonie was ahead 0.40 of a cent to 100.80 cents US after the earlier decline. In pre-market

trading it had fallen as low as 99.73 cents US, marking the Canadian dollar's first time below parity since Jan. 31.

Investors are nervous about Europe's debt problems and have sought safety in the U.S. dollar, which accounts for much of the currency shift.

"The Canadian dollar will remain under pressure with global growth concerns and European problems at the forefront of everyone's minds," said John Curran, senior vice-president at CanadianForex. THE CANADIAN PRESS

Law would target ticket brokers

Opponents say Quebec's proposed crackdown on online ticket brokers will only create an unenforceable black market.

They are speaking out against the province's Bill 25, which would make it illegal to sell tickets at a higher price than that authorized by the original vendor. Parliamentary hearings on Bill 25 are being held this week in Quebec City.

THE CANADIAN PRESS

Enbridge plans pipeline expansion

Enbridge Inc. announced plans yesterday to spend \$1.2 billion to expand its Athabasca pipeline system in order to accommodate increased production from the burgeoning Kirby oil-sands region south of Fort

McMurray, Alta. "This project is a significant part of our overall plan to provide capacity for rapidly growing production from the Kirby area as well as from growth projects further north," said Stephen Wuori,

Enbridge's president of liquids pipelines.

The new pipeline will run alongside Enbridge's existing Athabasca system, which can ship up to 570,000 barrels per day.

THE CANADIAN PRESS

450,000

The number of barrels per day the new 345-kilometre pipeline will be able to handle. It will likely be in service by 2015.

Market moment

Dollar



+ 0.4¢
(100.80¢ US)

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(- 2.3¢)

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Corruption claim rocks France

Lawyer says former president and prime minister got millions in cash from African countries

Former French president Jacques Chirac and former prime minister Dominique de Villepin received an estimated \$20 million in illegal cash from West African leaders, a lawyer who claimed to be the go-between said yesterday.

In a radio interview yesterday, Lawyer Robert Bourgi said he handed over suitcases filled with cash between 1995 and 2005, including \$10 million from the leaders of Senegal, Burkina Faso, Ivory Coast,



Dominique de Villepin, left, with Jacques Chirac in 2007.

Gabon and Republic of Congo for Chirac's 2002 presidential campaign. Both Villepin and

Chirac's lawyers denounced the claims.

The explosive allegations come as Chirac is on trial for unconnected corruption charges related to his years as Paris mayor, and as the campaign for next year's French presidential elections is heating up. The claims revived uncomfortable questions about France's cosy relations with autocratic regimes in its former African colonies.

THE ASSOCIATED PRESS



Men walk past an electronic stock board at a securities firm in Tokyo yesterday.

SHIZUO KAMBAYASHI/ASSOCIATED PRESS

Sharp fall in Asian stock markets

Asian stock markets fell sharply yesterday amid fresh anxiety over Europe's debt problems and a potential default by Greece that would wreak havoc on the global economy. Japan's benchmark Nikkei index hit a 28-month low.

Growth will fall to 2.4%: RBC

Canada's economic growth will slow to 2.4 per cent this year, RBC Economics said yesterday, marking a 0.8-percentage-point downgrade from its June forecast.

The bank reduced its forecast for the Canadian economy after a "mild contraction" in the second quarter and softer growth in the U.S. and eurozone economies.

"Financial market volatility certainly took a toll on business and consumer confidence this summer," chief economist Craig Wright said in a report. THE CANADIAN PRESS

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BIRTH ORDER NEVER TAKES A BACK SEAT

SHE SAYS ...

JESSICA NAPIER
METRO



I never call "shotgun!" Whenever I find myself travelling in a car with my younger brother and one of our parents, I always sit in the front. It doesn't matter that we are both fully grown 20-somethings; I'm the eldest, so there's no debating who gets the coveted passenger seat.

As the assertive (OK, bossy) first-born, I insist on the prime spot in the parental vehicle while he — the agreeable younger child — willingly concedes. This is just one of the many unspoken rules in our family that has come about as a result of our birth order.

While there are only 16 short months between our birthdays, my brother and I are vastly different when it comes to personality. I have always been overachieving, fiercely independent, and, at times, a bit of a stress case. I am overly conscientious, have a hard time breaking rules and will people-please to a fault. In comparison, he is easy-going but less disciplined, unlikely to take charge and much more dependent.

"Birth-order stereotypes are most pronounced when it comes to only children. Without any competitors for their parents' affections, single children are perceived (sometimes accurately so) as selfish, overindulged brats."

I know my brother and I aren't alone in this seemingly typical eldest/youngest family dynamic. Among my friends — who run the gamut of the birth-order spectrum — there does seem to be some truth to the assumptions associated with sibling sequence. I know plenty of responsible first-borns with perfectionist tendencies and coddled last-borns who can do no wrong.

Birth-order stereotypes are most pronounced when it comes to only children. Without any competitors for their parents' affections, single children are

perceived (sometimes accurately so) as selfish, overindulged brats. Oh, wait — did I forget to mention middle children? Well, that seems about right. The oft-ignored middle siblings tend to get lost in the shuffle. While it's fun to make casual observations about our own friends and families, we have to wonder whether there is any real truth behind these common stereotypes. Is there any conclusive evidence to suggest that one's position on the family totem pole really does have a definitive impact on our personality?

Birth-order theory is a bit of a grey area, both supported and refuted in the world of pop psychology. For every theorist who argues in favour of the importance of sibling sequence on overall development, it seems there are about twice as many critics raising their eyebrows. Some even equate birth order with astrology — a cute personality predictor with no conclusive evidence to back it up.

Scientific validity aside, it doesn't change the fact that I always get the front seat.

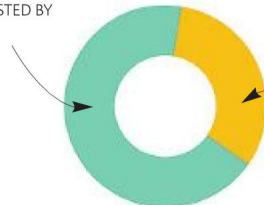
Read more of Jessica Napier's columns at metronews.ca/shesays



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and take the quick poll

Was media coverage of the 9-11 anniversary over the top?

68%
DEFINITELY, I'M
EXHAUSTED BY
IT ALL



32%
NO, TEN YEARS
LEAVES A LOT
TO REFLECT ON

Letters

'ISLAMICISM.' It was irresponsible for the leader of the nation to use a rhetoric language against a marginalized community at a time when emotions are high and bigotry against them is at its peak.

Stephen Harper did not choose his words carefully when he said to CBC that the most imminent and biggest threat the country is facing is "Islamicism."

He has used the language of fear that is based on the preconceived notion that Muslims are enemies from within whom everyone should be careful of and guard against.

Unlike Mr. Obama who had organized a breakfasting event at the White House during Ramadan and made it clear to the nation in his speech that "Muslim Americans were innocent passengers on those planes, including a young married couple looking forward to the birth of their first child.... There in the towers where they worked together, they came together for daily prayers and meals at iftar."

Harper has used a language that divides them further.

ABUBAKAR N. KASIM
TORONTO



Cartoon by Michael de Adder

WEIRD NEWS

Tired Western brands get revived in Asia

Faded and forgotten Western brands are being dusted off and brought back to life by companies in Asia targeting the burgeoning number of people looking for labels to match new middle-class lifestyles.

Asians have been buying or licensing fashion names — many of them European with long and rich histories including royal connections or haute-couture origins — that have fallen out

of favour back home, as they seek to lure the region's newly affluent.

Among them are Aquascutum, founded in 1851 and whose trench coats were worn by British officers in the Crimean and two World Wars. The British label was popular with movie stars in the 1950s and '60s, but in later years its appeal fizzled. Various owners tried to turn it around before a Hong Kong company snapped up the Asian rights in 2009 and now runs dozens of Aquascutum stores in China and elsewhere.

Meanwhile, Westerners are picking up on the idea, with one British start-up aiming to bring dormant luxury pen, whisky and British butcher-shop brands to Asia's growing middle classes. **THE ASSOCIATED PRESS**

2

scene

Scene in brief



Andy Whitfield, the 39-year-old star of the cable series *Spartacus: Blood and Sand*, has died. Manager Sam Maydew says Whitfield died Sunday of non-Hodgkin Lymphoma in Sydney, Australia. Whitfield was preparing for the second season of *Spartacus* when he was diagnosed 18 months ago.

THE ASSOCIATED PRESS



Scan this code or visit metronews.ca/scene to find out who was honoured at the Canadian Country Music Association Awards last night.

Not the same old hook

► Former Joy Division bass player Peter Hook talks about growing and experimenting as a musician ► Reveals his feelings about being sidelined from the New Order reunion

PHOTO CREDIT: TIMOTHY NORRIS



PAT HEALY
SCENE@METRONEWS.CA

METRO WORLD NEWS IN BOSTON

Peter Hook has come to terms with his musical past in a variety of ways in the last 16 months. To mark the 30th anniversary of the death of Joy Division singer and goth-rock icon Ian Curtis last May, Hook led a band through *Unknown Pleasures* in its entirety. While Hook had played bass on the original album, he tackled this commemorative endeavour as the singer. The outing was successful enough that he took the show on the road. This year he reincarnates Joy Division's more sophisticated follow-up, *Closer*. But not all of Hook's recent reckoning with his past has been happy. Last week, his bandmates in New Order (the group that soldiered on after Curtis' suicide) announced a reunion — without him. Metro spoke to the man whose style of bass playing defined post-punk music.



► This year, Peter Hook is reincarnating Joy Division's more sophisticated work, *Closer*.

At what point did you realize you were going to sing these songs, instead of playing bass? Did you ever try both?

I've never been able to do that. My son plays bass. ... It's still quite nerve-racking, especially playing Ian's parts. But my son was very supportive. He

said, "Dad, it sounds fine. Don't worry about it. It will get better." And as we practiced, it did.

Are you and Bernard Sumner still close at all? I was surprised to see that New Order were reuniting without you.

We are the worst of bit-

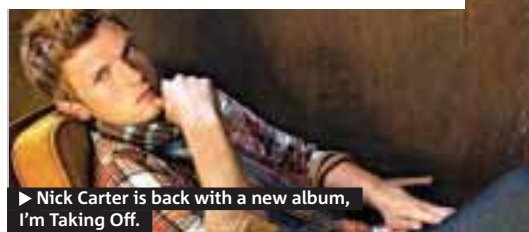
ter sworn enemies, which was proven this week by them starting New Order up again without telling me, the f—ers.

So you learned about the new New Order when I did?

Yes. In fact, I heard it on the radio. I'm not too bothered, to be honest. We split

up five years ago and stopped working together. And, it's a long time. And really, our relationship has been terrible ever since we stopped working together. So I'm not in a hurry to work with that bastard and I'm sure he's not in a f—ing hurry to work with me.

Sounds Like. Nick Carter



► Nick Carter is back with a new album, *I'm Taking Off*.

What is your greatest fear?

It would probably be getting old. I don't accept it. I'm gonna get younger.

What is your idea of a perfect day?

Every day is special. Every day has something perfect in it. So, there is no perfect day — every day can be perfect if you want it to be.

What or who provides your inspiration and why?

Inspiration comes from looking out in the world and paying attention to the things that are going on around you. Looking at a newspaper, or watching the news, or speaking to a friend.

What is the last thing you say



Nick Carter's back with a brand new solo album. Check out our exclusive video interview with him at metronews.ca/scene

to yourself before a show?

I don't say anything. I'm dancing.



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Clooney heads north to reveal new relationship

► **Former WWE star holds her own on the red carpet alongside Hollywood's most eligible bachelor**

George Clooney and Stacy Keibler have decided to use the opportunity of the Toronto International Film Festival to go public with their rumoured romance, according to *Us Weekly*.

The pair made the rounds for Clooney's two films at the festival, the *Ides of March* and the *Descendants*, hitting up several parties.

"One of the reoccurring

themes of the night was that Stacy had her own conversations going on and that she wasn't following Clooney around like a puppy dog," a source says.

"The two clearly work not only as a pair, but also independently. [Stacy] really stood on her own. George was not overprotective and didn't have to look after her."

● METRO



► George Clooney and Stacy Keibler



THE CANADIAN PRESS

Celebrity tweets



One would think using whitening toothpaste for one's entire adult life would result in white teeth



@diablocody



@JennyMcCarthy

I'm afraid to donate my body to science cuz I'm afraid my arm will wind up on Dr Oz.



@jimCarrey

I've always had infinite creative energy a playful nature n the courage 2 b unconventional bt envious ppl prefer to call me nuts. S'ok



@ConanOBrien

Where's my Ben & Jerry's ice cream flavor? I think people would love a bowl of "Ginger Coco Honkey Bites".

GETTY IMAGES



► Bradley Cooper and Jennifer Lopez



Wood not so long in tooth after party



► Evan Rachel Wood

Evan Rachel Wood celebrated a little bit too much for her 24th birthday recently, resulting in a lost tooth, the actress confessed at the Toronto International Film Festival.

"I'll never forget my 24th birthday when my tooth got punched out,"

she says.

"And for a second I was like, it would be really hilarious if I sold it on eBay. But I can't, that's just too creepy. I don't think I can go there."

As for the circumstances surrounding the tooth's removal?

"It was just past mid-

night and I was dancing with my friends in Paris," she explains.

"And just boom, I caught an elbow right in the left side of my face. I knew right away when I closed my mouth that something was really wrong."

● METRO

B.Coop and JLo may be an item

Jennifer Lopez reportedly shared an intimate dinner recently with Bradley Cooper recently, leading many to speculate that she's moving on from her divorce from Marc Antho-

ny with the *Hangover* star, according to *TMZ*. The pair shared a "romantic" meal at posh restaurant Per Se, sources tell the website.

● METRO

Witherspoon won't sue



While Reese Witherspoon isn't pressing charges against the driver who struck her while she was jogging last week, the experience has still reportedly left her shaken up, according to *Us Weekly*.

"The whole incident really frightened her," a source says. "The odd thing about all of this is that Reese has always been very afraid of being hit by a car. It's been an ongoing fear of hers. She is always the first person to pull people away from the edge of the curb because she doesn't want them being accidentally hit." ● METRO

A seizure ended Amy's life: Father

Amy Winehouse's father, Mitch Winehouse, thinks the singer's tragic death was due to an alcohol-induced seizure, he tells *Anderson Cooper*.

"Everything Amy did, she did to excess," Mitch says. "She drank to excess and did detox to excess. [But] when she wasn't drinking, she was absolutely on top of the world." ● METRO

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A new study shows



13%

... is the average drop of LDL cholesterol after eating the equivalent of one bowl of oats each day for six months. The Canadian study placed a group of people with initially high LDL cholesterol on a diet that included tofu, soya milk, soy based meat substitutes, oats and nuts. Six months later LDL cholesterol levels had dropped by an average of 13 per cent. **METRO**



SpongeBob in hot water after study shows tots have short attention span afterwards



► One of the dangers of exercise addiction is that other addictions can take over.

Addicted to exercise

► Getting fit is good ► But what happens when some people take it too far? ► Metro found out



CELIA MILNE
LIFE@METRONEWS.CA

Are you addicted to exercise? While physical activity is obviously good for you, too much exercise could signal problems brewing.

"If exercise takes over from work, social activities, and sleep, that is an unhealthy behaviour," says Wendy Lee, a kinesiologist at Bellwood Health Services in Toronto, a residential treatment centre for addictions.

"If you are exercising three to four hours a day, something else is being cut out of your life," she adds. "If you are not willing to attend family functions, that's a sign you might be going overboard. It's not normal to exercise more than two hours a day, five days a week."

An interesting Parisian study done in 2008 found that 42 per cent of people using a fitness facility were dependent on exercise. It also found those with exercise addiction were more likely to engage

in compulsive shopping.

One of the dangers of exercise addiction is that if you have to stop exercising due to injury, other addictions take over.

"If you have to stop, how would you replace that high? You could turn to drinking or drugs."

Another danger is people don't stop or slow down when they should, and could get hurt.

"If they refuse to take a rest day or stop when injured, there is something wrong."

Excessive exercise is not

a formal psychiatric diagnosis, but it could become one in the future.

Meanwhile, it is one of the criteria for bulimia.

Over 50 per cent of those with eating disorders engage in excessive exercise to keep their weight down.

"Exercise itself is a very healthy behaviour, but it needs to be done with variety, in moderation and it should be fun. If you are doing it just to lose weight and not enjoying it, that is not a healthy behaviour," says Lee.

Warning signs

We asked Wendy Lee, a kinesiologist at Bellwood Health Services in Toronto, for some signs of excessive exercising.

- You say no to social activities with friends so you can exercise
- You exercise more than two hours a day
- You would be depressed if you couldn't exercise
- You always exercise alone
- You don't get enough sleep because of exercise

Yoga pose.

Prasarita padottanasana

What you do:

- 1 Stand in mountain pose and step your feet apart (around 3 feet). Rest your hands on your hips with your inner feet parallel to each other. Lift your inner arches by drawing up the inner ankles and pressing the outer edges of your feet and ball of the big toe into the floor. Engage the thigh muscles by

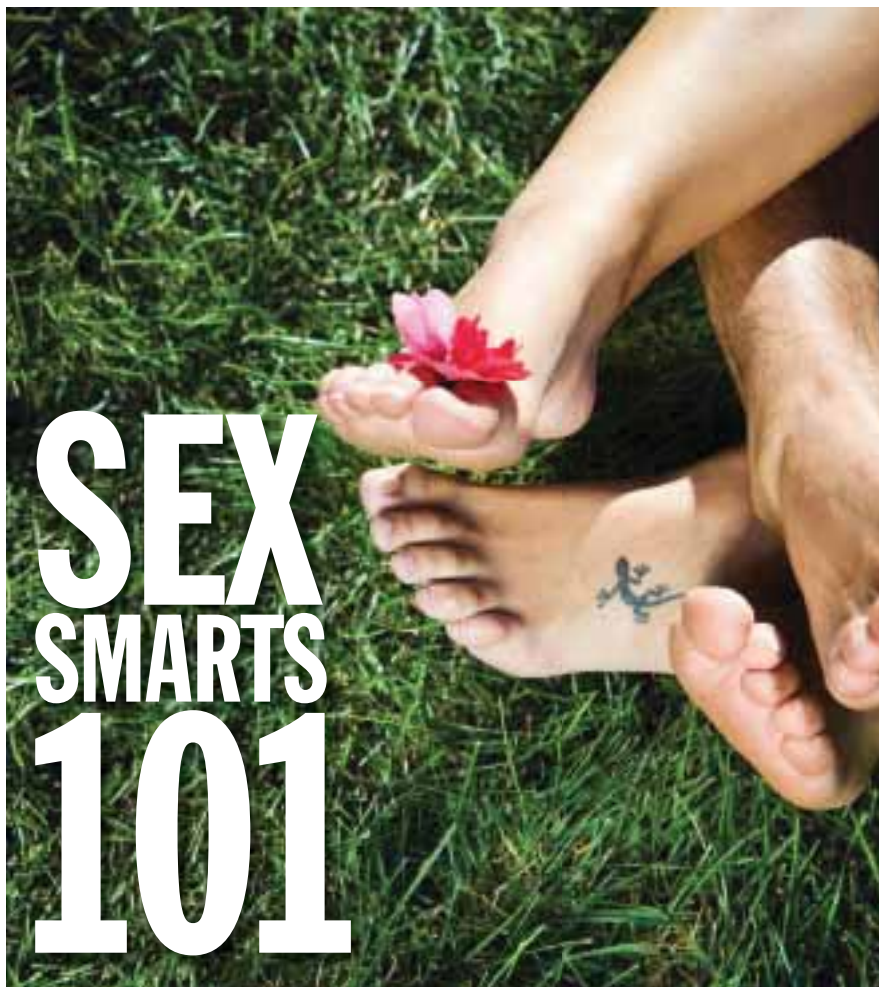
drawing them up.

- 2 Exhale and lean the torso forward from the hip joint. With your torso parallel to the floor press your fingertips onto the floor directly below your shoulders. Fully extend the elbows. Move your spine evenly into the back torso so that your back is slightly concave from the tailbone to the base of the skull.

- 3 Pushing the thighs back, lengthen the front torso and widen the pelvis. Maintain the concavity of your back and the forward lift of your sternum as you walk your fingertips between your feet. On an exhale, bend your elbows and lower your torso pressing your palms into the floor.

STEPHANIE KNUTSSON,
BODYISM YOGA INSTRUCTOR





SEX SMARTS 101



ISTOCKPHOTO/THINKSTOCK

DESIGN PICS / STOCK FOUNDRY/VALUELINE/THINKSTOCK

BANANASTOCK/THINKSTOCK

FROM FRIENDS WITH BENEFITS AND FROSH-WEEK ACTIVITIES TO DORM LIFE AND BAD REPUTATIONS, STUDENTS CERTAINLY HAVE THEIR WORK CUT OUT FOR THEM.

Socially, that is. Never mind cramming in late-night study sessions, campus life brings with it an entirely new set of lessons. According to Dr. Robin Milhausen, associate professor of family relations and human sexuality at the University of Guelph, it's a time for serious decision making.

She says students need to make "concrete" choices about their bedroom boundaries before finding themselves in sexual situations. "Students are going to be well supplied, but they have to make decisions," she says, noting that there's an abundance of sex resources and condoms available on most campuses.

For women in particular, it's important to know one's limits. "Gender differences still exist," explains Milhausen. "Women are more inclined to feel regret than men are (after a sexual encounter)," she says. They also have the added worry of unwanted pregnancy, are more susceptible to STIs and, though unfair, have a higher risk of earning a bad reputation than their male counterparts. "Women tend to be the sexual gatekeepers," says Milhausen. "They have the freedom to have a lot of sex, but men have the advantage of being able to have sex and be judged less harshly."

Milhausen encourages a two-

pronged contraception plan, combining a "hormonal barrier method," such as the birth control pill, and condoms, to reduce the risk of STIs and pregnancy.

Meanwhile, one hot campus trend was thrust into the spotlight when the film, *Friends with Benefits*, was released earlier this year. While parents may cringe at the idea of such casual sex encounters, Milhausen says it offers more benefits than

they might think. "In the past, casual sex was more about having sex with a stranger," she says. "Now they're having sex with someone who's a friend ... who they can also get emotional support from. It's another kind of relationship. It's not all doom-and-gloom — there can be less risk involved. I think parents are worried about this, but young people are very comfortable with it." That said, know what you're getting into, she advises. "Anyone calling you after 11 o'clock to watch a movie is a call to action," she says.

— Tanya Enberg



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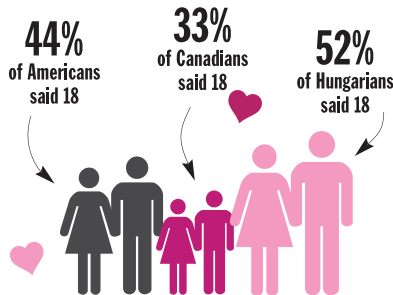
SURVEY SAYS...

FROM THE RECENT METROPOLITAN PANEL SURVEY ABOUT SEX:

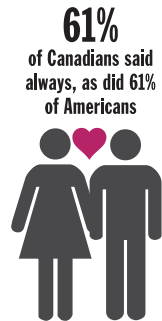


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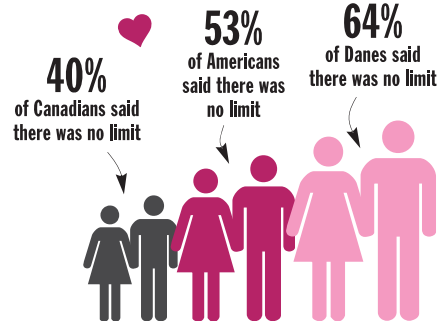
WHAT'S THE APPROPRIATE AGE TO BECOME SEXUALLY ACTIVE?



HOW OFTEN DO YOU PRACTICE SAFE SEX?



HOW MANY SEXUAL PARTNERS IN A LIFETIME IS TOO MANY?



BREAK DOWN YOUR BARRIERS

THE FAMOUS ADAGE, LESS TALK MORE ACTION, MAY HAVE FOUND THE PERFECT FIT — BETWEEN THE SHEETS.



ISTOCKPHOTO/THINKSTOCK

"A lot of people tend to overanalyze things — especially when it's about sex," says Toronto-based psychotherapist Kimberly Moffit. But, adding extra sexual sizzle needn't be scary. If the bedroom is always the go-to place for sex, try a new room. "Grab your partner in the shower and say, 'come on, let's go!'" she says.

If you prefer discussing your desires first, getting the conversation started is easy. "You're cuddling after sex, and say 'You know honey, that was amazing, I was thinking next time we could try ...' and fill in the blanks." Flipping through Cosmo magazine is a fun, non-intimidating way to explore sex without compromising comfort zones. "You could read it together and you might find yourself getting turned on and want to try some of the ideas." Of course, sex shops are teeming with ideas and many pharmacies carry an impressive selection of sexual goodies. "A lot of couples are ready to give up — the passion's gone — but it's always possible to revive it," says Moffit.

"A lot of the time, there's not a lot of effort being put in. You have to become creative ... Relationships take a lot of work."

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FIRST ENCOUNTERS

If hyper-sexualized messages are considered highly seductive forces, many modern teens are rising above it.

"Looking back at studies done in the 1990s ... today's youth are a little less likely to be having intercourse than their counterparts 10 or 20 years ago," says Alex McKay, research co-ordinator at The Sex Information and Education Council of Canada (SIECCAN). "They are also more

likely to use condoms."

This during a time of potent sexual imagery — one that saturates everything from teen dramas and music videos to highway billboards and bus shelter ads. Rather than becoming more promiscuous, the opposite is proving true.

According to the Centers for Disease Control, in 1991, 54.1 per cent of students between grades 9 and 12 reported having sex,

compared to 46 per cent in 2009.

In 1991, 46.2 per cent said they used condoms the last time they had intercourse. That number skyrockets to 61.1 in 2009.

"Today's youth, generally speaking, are more knowledgeable about sexual health and, as a result, they take better care of their sexual health," observes McKay.

In other words, knowledge is power.

"There's a belief of monkey see,



STOCKBYTE/THINKSTOCK

monkey do, but teens are smarter than that," he says.

Statistics Canada found that 43 per cent of 15 to 19 year olds had sex at least once in 2005, compared to 47 per cent in 1996-97. McKay says, on average, today's youth have sex for the first time between 17 and 18 years of age.

Despite improvements, he says

more work is needed, including teaching media literacy and consistent sexual education.

All youth should have the "skills to take care of their sexual health before they become sexually active, because after they become sexually active, it's too little too late."

— Tanya Enberg

BY THE NUMBERS

Have you ever wondered which Canadian province sells the most condoms? Or the least? Wonder no more: The following list reveals how many condoms were sold in each province or region (Newfoundland and Labrador was excluded from the survey):

ONTARIO
31,651,747

QUEBEC
16,940,462

ALBERTA
9,384,955

BRITISH COLUMBIA
8,995,550

MANITOBA & SASKATCHEWAN
4,427,107

MARITIMES
3,893,126

Source: AC Nielsen, L52W, period ending July 30, 2011

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*90% get results 5 days before expected period; 98% get results 7 days before expected period. See doctor as recommended. Use as directed.

MISSED CONCEPTIONS

EVEN AS SEXUALLY SAVVY AS WE MIGHT BE, BIRTH CONTROL MISCONCEPTIONS CONTINUE TO BREED LIKE WILDFIRE.

Even as sexually savvy as we might be, birth control misconceptions continue to breed like wildfire. Dr. Robin Milhausen of the University of Guelph, says some folks believe condoms can be re-used. "Condoms are single use and single partner," she says. Meanwhile, other myths include the idea that a woman can't get pregnant her first time having sex (uh, no); that pregnancy can't occur if a couple

has sex standing up or if the withdrawal method is used (not so, due to the risk of pre-ejaculate) and that Saran Wrap is a condom alternative (it isn't). — Tanya Enberg



OUT OF THE BOX

LUBRICATED

Straight walled condom with reservoir end with some condoms being thinner for a more natural feel.

NAKED SENSATIONS

Allows for freedom of movement for a more natural experience. Deep ribs at end and base increase stimulation.

MAGNUM

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HER PLEASURE

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FOR MORE INFORMATION, VISIT TROJAN.CA

Hidden Veggie Sammies

THE CANADIAN PRESS/H/O



Preparation:

1 In bowl using fork, combine tuna, green onions, celery, cucumber, olive oil, lemon juice, mayonnaise, mustard, chopped dill and salt.

2 Open slider buns and place on a work surface. Divide greens among bottom halves of buns. Top with scoop of tuna salad, dividing evenly, and tops of buns. **THE CANADIAN PRESS/ PRESIDENT'S CHOICE**

Ingredients:

- 2 cans (each 170 g) chunk light tuna in water, drained
- 2 green onions, sliced
- Small stalk celery, diced
- 30 ml (2 tbsp) diced cucumber (skin on)
- 30 ml (2 tbsp) olive oil

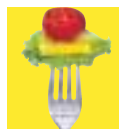
- 30 ml (2 tbsp) lemon juice
- 15 ml (1 tbsp) mayo
- 10 ml (2 tsp) Dijon mustard
- 5 ml (1 tsp) fresh dill
- 0.5 ml (1/8 tsp) salt
- 9 slider mini buns
- 250 ml (1 cup) mixed baby greens

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Mythic Grill is small and confined but does not scrimp on providing upscale cuisine and cool decor. Its ambiance takes you away to the distinctive culture of classic Greece.

I invite a friend out for a social Mediterranean meal

► **Mythic Grill**
179 Albert St.
519-433-0230
Client negotiations: Yes
Social lunch: Yes
Quick solo lunch: No
Price range: \$10 - \$20
Rating: 4 out of 5



► Pork Hirino (\$12).

and it starts with an indulgence of flaming cheese. Saganaki (\$12) is a creamy, salty dish that is fried, doused with Ouzo and set alight. Opa!

It is delicious when scooped up with grilled pita, and incredible with a spray of fresh lemon.

We both order souvlaki: my guest orders beef Mouskari (\$14) and I choose pork Hirino (\$12). The cubes are grilled well and juicy.

My platter is modestly sized for lunch and arrives with more pita, zesty garlic tzatziki sauce and

Greek salad piled with vegetables and feta. The oil dressing is nicely sharp.

While Mythic Grill is comfortably intimate, the cheerful staff creates a festive atmosphere to accompany surprisingly affordable gourmet Greek fare.

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► Do you usually specify "plus one" or "and family" on invitations that you send out?

POLITE WAYS OF SAYING 'NO'

CHARLES THE BUTLER



ASKCHARLES
THEBUTLER@
METRONEWS.CA

FOR MORE, VISIT
CHARLES
MACPHERSON.COM

Hi Charles, I'm hosting a 50th birthday party for my husband. It's a formal event at a hotel with a sit-down dinner. We didn't say "plus one" or "and family" on our invitations, and have had a few people respond asking if they can bring a

friend/date/their children. Can I politely say no or once asked am I socially obligated to say yes, or does it depend? Thanks, Politely Curious

Dear Politely Curious, Well, you have to decide what is important to you. The short answer is that the person who is invited is named on the outside of the envelope and it is rude on behalf of the guest to put you, the hostess, in a position to ask if you can bring someone who was not invited.

Now that we all know the rule, the question is what to do? First off, do you have the room to seat

these additional guests?

Lack of space is always a great and polite way out.

Secondly, if it is just one or two guests who happen to be your best friends than you might be a little more tolerant and allow them to bring someone. However, regarding children (and I love kids), if this is an adult party it is 100 per cent OK to say, "We would prefer if you would hire a baby sitter to take care of the kids that night, so that you and your husband can relax and enjoy the evening with the adults."

HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

LOVE CAN GET ITCHY

I am in love with an amazing woman, it's relatively new and things are going really well ... but she's just informed me that she has herpes. We've been having safe sex, and used condoms, but I know it can be transmitted regardless. I have to admit it threw me — how do I handle this? Itchy love.

Andrea: It's a little late for you to decide whether or not it's a deal-breaker as you've already slept together.

I'd take that personally, but maybe you're a bigger person.

On the bright side, many couples have managed to avoid transmission by not sleeping together during outbreaks (or touching affected areas).

However, asymptomatic transmission is possible. Think of the worst-case scenario: you get herpes.

TWO SISTERS



ANDREA & CLAIRE
RELATIONSHIPS@METRONEWS.CA

Ultra worst-case scenario: you get herpes, and then she dumps you. Can you handle that?

If the answer is you'd end up boiling her bunny, then maybe you should just get tested now and break it off. If you're unsure, spend some more time with each other being as safe as you can, until things are clearer.

Claire: Love is never simple, just even less so.

She should have told

you earlier, but I assume it was a very hard confession to make, so if you like her, you have no choice but to forgive her. According to medbroadcast.com, genital herpes affects one out of six Americans, and eight out of 10 have no clue they have it.

So the bad news is that you risk becoming part of a very large club, but the good news is that if you don't have outbreaks, there are almost no other symptoms. It's like an Aeroplan — you know you have the points, but you never get to use them.

You can't choose whom you love, and considering the stats, she sounds like she's more worth the risk than someone else you might meet if you leave her for this reason alone.

TWO SISTERS, 20-SOMETHING ANDREA AND 30-SOMETHING CLAIRE, OFFER THEIR DIFFERING VIEWS ON YOUR RELATIONSHIP ISSUES.

Interpreting and unlocking your wildest dreams



HEIDI
PATALANO
LIFE@METRONEWS.CA
METRO WORLD NEWS IN NEW YORK

Dream interpretation is a subject of fascination for many, but Dr. Lauri Loewenberg is the real expert.

Holding a doctorate in archetypal psychology, she can make sense of just about any dream, given the

right contextual information.

You can interpret your own, too, with a few tips from her new book, *Dream On It: Unlock Your Dreams, Change Your Life*.

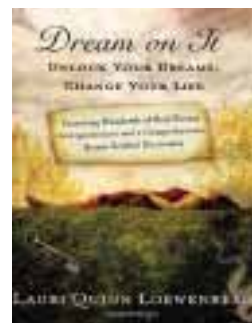
Loewenberg says that dreams should be treated as advice you give to yourself.

"Dreams are basically a conversation with the self," she says.

"Everything in your

dream is about you and about your life. If you dream that a co-worker dies or a family member dies, we think, Oh my gosh, they might die, when in fact it's something about you that's dying off or changing."

But if dreams are so specific to each person, then why do so many of us have dreams about the same things, like teeth falling out or flying?



"Look at your dreams as a language," says Loewenberg.

"They're really metaphors for your life because this is how we communicate when we talk to each other. We use metaphors. It's a picture language."

"The difference is that the dream brings it to life and puts you in it."

Loewenberg suggests

keeping a journal in which you describe your dreams right after they happen and to look closely to the day before the dream in order to figure out what it means.

"I've found that your day and your dream are always connected. Always," she says.

"You can always connect the dots between what happened in the dream and what happened that day."



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LESLEY SCORGIE

MONEY@METRONEWS.CA



Parents — don't let your kids grow up financially illiterate! From coast-to-coast,

Canadian students receive limited financial literacy training through grade school. Basic financial life-lessons, like budgeting and investing, are left up to parents.

Even if you feel like your money skills aren't sharp, don't shy away from tackling this subject with your kids. They'll benefit from your real world knowledge and hopefully you'll feel extra motivated to make good financial decisions your children can look up to.

Start talking to your kids about money as soon as possible. If you're headed to

the bank or ATM, bring them with you and describe what you're doing. If you pay with a credit card versus cash, explain the difference between the two methods of payment. While grocery shopping, assign Junior the task of reading and reporting back to you the prices of produce. If you buy your child a new backpack and sneakers for \$100, tell them how many hours you had to work to make that purchase.

Play games such as Monopoly or Cash Flow. Each focuses on money issues like cash management, real estate and getting a job. Give your kids a small allowance and coach them on how to budget their money.

Buy your child stock in a company they think is cool like Google. Then, track the performance of the stock online using the portfolio tracking tool on Yahoo! Finance. You can also visit getsmarteraboutmoney.ca for more resources.

Let's open up about money

ON MONEY

ALISON GRIFFITHS

MONEY@METRONEWS.CA



Mary Ann Wong is a 37-year-old Winnipegger with a weakness for shoes and a love affair with cruise ships. She also now has the heart of a lion when it comes to vanquishing debt.

"I used to say my marriage failed because I was more into my work than my husband. But the truth is a relationship with Jimmy Choo and Carnival ended things."

It was just after Mary Ann plunked down more than \$1,000 for a pair of chart-topping biker-style Jimmy Choo boots, which she intended to wear on an upcoming girlfriend Carnival cruise, that her husband packed his eight-year-old

sneakers and left.

"I was so mad at myself screwing up a marriage over clothes and trips that I had to find some way to punish myself," she wrote to me last year. Her self-inflicted punishment consisted of an entire year without spending one thin dime on anything but the essentials. Before that, she'd never even gone a week without buying something. Agony.

I recently got back in touch with Mary Ann because her story might win her \$5,000.

A new contest by Credit Education Week Canada (an initiative of the not-for-profit, credit counselling charity, Credit Canada), and sponsored by Capital One, offers three prizes, \$1,000, \$2,000 and \$5,000 to adults for a 300-word story about their experience with credit and debt and how they have conquered problems.

I love this contest because money woes are still



► Alison's money rule: Talking or writing about your financial problems and solutions will not only inspire you but others as well.

a big taboo in our society. We'd rather reveal details of our sex lives than our financial affairs. Even if you don't win, you'd be amazed at how therapeutic writing about money problems can be.

I've seen the effect on people; the minute they admit their financial problems — whether they are of their own making, à la Mary Ann, or as a result of circumstance. You can actually see the release as stress and shame lift.

Here's a contest tip: aim for humour, inspiration and/or pathos. Those three emotions always catch judges' attention.

But hurry, you have to get your story in between this Friday and Oct. 21 and the winning entries will be published in Metro and posted on the Credit Education Week Canada site. Oh, and about Mary Ann. She and her ex are dating again.

CONTACT ALISON AT ALISONGRIFFITHS.CA OR ATGRIFFITHS.ALISON@GMAIL.COM

POPQUIZ

I keep reading news about a slowdown in the US economy – should I sell my investments?

A: Money in America? Is that an oxymoron?

B: You should invest! You can't get the ups without going through the downs.

FIND TIPS & TRICKS

in Allan Small's Investment Perspectives Column: *Negative news provides a drag on the market.*

This column and more available at Metronews.ca/YourMoney

Find advice on personal investing, financial planning, student money and calculators provided by TD Bank.

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Allan Small
Senior Investment Advisor – DundeeWealth

Could your body heat give away your ATM pin?



CASSANDRA GARRISON
LIFE@METRONEWS.CA

METRO WORLD NEWS IN NEW YORK

You wait until there's no one behind you. You look over your shoulder. You block the view of the key pad with your other hand.

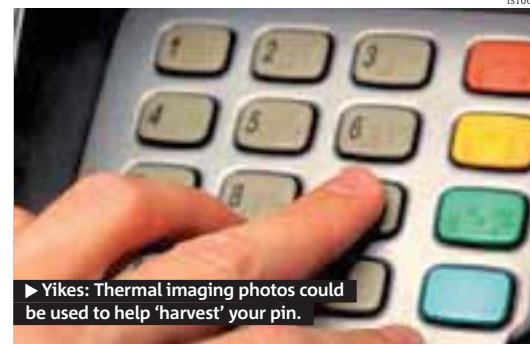
Unfortunately, it might not be enough as researchers have revealed yet another way thieves can steal your ATM pin.

The good news is that they'd have to be super techie, speedy thieves to ever pull it off.

It requires taking a thermal imaging photo of the key pad within about 45 seconds of you touching it.

Researchers at the University of California at San Diego found that residual heat from your fingertips is left behind

The good news is that they'd have to be super techie, speedy thieves to ever pull it off.



► Yikes: Thermal imaging photos could be used to help 'harvest' your pin.

after you punch in your pin number.

Then thieves can use an infrared camera to "pin harvest" and see exactly which keys you pressed.

This doesn't necessarily mean you have to start poking the key pad with a random object you happen to be carrying at that moment (pen, car keys, popsicle stick).

Researchers found that how hard you press the keys and your body temperature can both affect the results.

Additionally, only plas-

tic key pads hold body heat long enough to determine which keys were pressed.

Researchers had about an 80 per cent success rate if they got to the key pad within 10 seconds.

It dropped to about 60 per cent if they waited longer than 45 seconds.

The researchers say thermal imaging isn't exactly all the rage among the thief community... yet.

Let's just hope that these widely published findings don't give them any ideas.

'Amazing year' continues

- Djokovic beats Nadal in four sets to win first U.S. Open title
- He now has record of 64-2 this year with 10 tournament titles

Novak Djokovic produced a nearly perfect performance to match his nearly perfect season.

Returning brilliantly, swatting winners from all angles, the No. 1-ranked Djokovic held on to beat defending champion Rafael Nadal 6-2, 6-4, 6-7 (3), 6-1 last night in a final chock-full of lengthy, mesmerizing points to earn his first U.S. Open title and third Grand Slam trophy of 2011.

Djokovic improved to 64-2 with 10 tournament titles in a simply spectacular year, one of the greatest in the history of men's tennis — or any sport, for that matter.

"I've had an amazing year," Djokovic said, "and it keeps going."

Against No. 2 Nadal, Djokovic is 6-0, all in finals — three on hard courts, including yesterday; two on clay; and one on grass at Wimbledon in July. Djokovic also won the Australian Open in January, and is only the sixth man in the 40-plus years of the Open era to collect three major titles in a single season.

"Obviously I'm disappointed, but you know what this guy is doing is unbelievable," Nadal said.

Addressing Djokovic, Nadal added: "What you did this year is impossible to repeat, so well done."

Djokovic attributes his rise this season to a num-

82-3

John McEnroe's record in 1984, the best win-loss ratio in the modern era. Roger Federer was 81-4 in 2005.

ber of factors, including a vastly improved serve, better fitness — owing, at least in part, to a gluten-free diet he doesn't like to discuss in any detail — and a seemingly endless reservoir of confidence that dates to December, when he led Serbia to its first Davis Cup title.

That's where Djokovic began a 43-match winning streak that ended with a semifinal loss to Federer in the French Open semifinals. The only other blemish on Djokovic's 2011 record was a loss to Andy Murray in the Cincinnati Masters final last month; Djokovic stopped playing while trailing, citing a painful shoulder.

That was the 24-year-old Serb's last match before heading to Flushing Meadows. His shoulder was fine, clearly, and while he was treated by a trainer for a bad back three times in the late going yesterday — perhaps the reason his serves slowed to under 100 miles per hour in the fourth set — he overcame it.

THE ASSOCIATED PRESS



► Novak Djokovic reacts after winning match point against Rafael Nadal yesterday.

4

sports

Quoted



"As hard as the losses are, you've got to be able to celebrate these a little and try to remember what it feels like. Obviously, we love that feeling and want to keep it going."

BUFFALO QUARTERBACK RYAN FITZPATRICK, AFTER AN OFF-SEASON OF QUESTION MARKS AND CRITICISM, THE BILLS ARE OFF ON THE RIGHT TRACK FOLLOWING AN EYE-OPENING 41-7 WIN AT KANSAS CITY ON SUNDAY.



Scan code for more sports news.

Russian team lost to plane crash will miss KHL season

The hockey team wiped out by a plane crash last week will not take part in this year's Kontinental Hockey League season, Russian Sports Minister Vitaly Mutko said yesterday.

Mutko said that Lokomotiv Yaroslavl would be demoted to a lower league as part of a gradual rebuilding

program, which was team management's wish.

"At a meeting with the president, we arrived at the conclusion that we must support those decisions taken by the club," Mutko said after a high-level discussion on plans for Lokomotiv chaired by Russian President Dmitry Medvedev.

Officials had expressed hopes Lokomotiv could be revived in time to take part in the current season, which began yesterday, by drafting in players from other KHL teams. Those plans appear to have been shelved in favour of more long-term reconstruction plans. THE ASSOCIATED PRESS

NFL

Week 1 takes toll on Rams

The St. Louis Rams could be without running back Steven Jackson for next Monday's game against the New York Giants, while quarterback Sam Bradford is expected to play despite a bruised index finger.

Those weren't the only injuries the Rams suffered in Sunday's 31-13 loss to Philadelphia. Cornerback Ron Bartell is likely out for the season with two breaks in his neck and wide receiver Danny Amendola dislocated his left elbow.

Jackson ran for a 47-yard touchdown on the Rams' first play, and carried once more for nine yards before leaving due to a strained right quadriceps. THE ASSOCIATED PRESS

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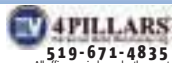
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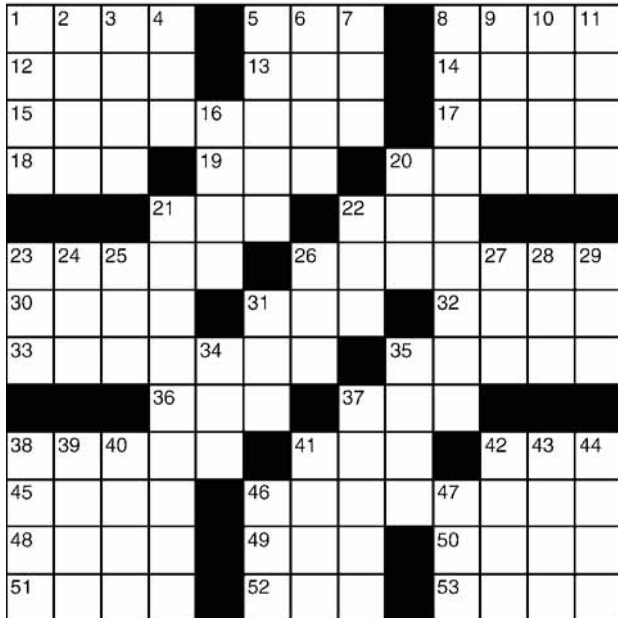
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Crossword

Across

- 1 Swedish pop quartet
5 Distant
8 Hairless
12 Skelton's Kadiddle-hopper
13 Brazilian resort city
14 Met melody
15 Big name in appliances
17 Ponce de —
18 34-Down's mate
19 Ex-GI
20 Entry form
21 Marry
22 Dine
23 Actor Fonda
26 Sanit workers' job
30 Hertz rival
31 Transmit electronically
32 Shakespeare villain
33 Ruin
35 Build a wing
36 Peace (Lat.)
37 Mel of Cooperstown
38 "— Buddies"
41 Pair
42 Insult (SL)
45 Opposed
46 Locate precisely
48 Tilt
49 Consumed
50 Walk the floor
51 Shoppers' mecca
52 Neither mate
53 Cabbage salad
Down
1 Rue the run
2 Huff and puff
3 — noire
4 Pump up the vol.



- 5 Cooked in a skillet
6 "— Misbehavin' "
7 Decay
8 Pen type
9 Vicinity
10 MGM mascot
11 Unpleasantly moist
16 Finished
20 Vagrant
21 Cadets' place
22 Gender
23 Cushion
24 Leading lady?
25 "— the season ..."
26 Shaft of light

- 27 Moving truck
28 Time of your life?
29 Bagel topper
31 "The Simpsons" network
34 See 18-Across
35 On
37 Title holder
38 Soothing ointment
39 Draftable
40 Celebrity
41 One of the Jackson 5
42 Rotary phone feature
43 Erstwhile Peruvian

- 44 Ratatouille, e.g.
46 Zero-star review
47 Chances, for short

► Yesterday's answer



Sudoku



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Yesterday's answer ►



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*My Venus
I know millions of people
read this daily, and I want
the world to know how
much "I LOVE YOU". You are
everything I've ever want-
ed, and all the times we've
shared and memories we've
made, I want to last forever.
I'll never hurt you, or treat
you bad, but Love you like
no one else ever has. This I
promise you! A&F*
FROM JAYJAY

*mikhail,
it was nice spending the
weekend together...:) i miss
you already see you soon
love!*
FROM LOVELY LADY

*S,
From the minute I met you I
was head over heels for
you. I think about you day
and night. Just wish we had
more time together. Love
you!*
FROM C

Today's horoscope

♈ Aries March 21-April 20 You are very much on the right course, so keep going.

♉ Taurus April 21-May 21 Resist the urge to get involved in quarrels that do not concern you.

♊ Gemini May 22-June 21 If there is something you want to do, something you have been thinking about for months, start it right now.

♋ Cancer June 22-July 22 It's likely you will feel a bit rundown over the next 24 hours.

♌ Leo July 23-Aug. 23 Stand back

from what you are working on today and remind yourself what the bigger picture looks like.

♍ Virgo Aug. 24-Sept. 22 There is someone in your life who acts like a friend but who secretly resents your success.

♎ Libra Sept. 23-Oct. 23 If you cannot discuss things amicably today you must agree to disagree.

♏ Scorpio Oct. 24-Nov. 22 If you adopt too rigid an approach on the work front you will lose out to someone who is more able to adapt.

♐ Sagittarius Nov. 23-Dec.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♑ Be careful what you say over the next 24 hours.

♒ Capricorn Dec. 22-Jan. 20 Don't make accusations that you have no way of proving.

♓ Aquarius Jan. 21-Feb. 18 Be brave and stand up for your rights.

♈ Pisces Feb. 19-March 20.

Don't take on any extra work today. You may think you can cope, you may think you have got energy to spare, but later on you may wish you had been more cautious. Think of your health, both physical and emotional.

● SALLY BROMPTON

Caption contest



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